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FOR NUTRITION AND INTAKE PATTERN ANALYSIS:

We are going to use Nutrihand[®] to record the foods your child typically consumes. The emphasis needs to be a documentation of “typical” intake in order to assess what is being consumed on a routine basis. This will allow us to take a better look at your child’s current habits and identify what changes need to be made. Please do not urge your child to eat more, less or differently during this time, as it will not give us a good baseline on intake prior to intervention.

Use the Nutrihand[®] program to enter your child’s diet information for at least 3 days and a maximum of 7 days. [If you do enter the minimum of 3 days, please choose 2 weekdays and one weekend day.]

To get started:

1. Log on by going to <https://www.nutrihand.com/Nutrihand/login.do>.
2. Enter **your email address as the username** and **the word “nutrihand” in lower case as your password**.
3. Right under the “Welcome” notice, you will see 2 things listed. The first one says, “Track your meals or follow a plan.” Click that link. This is where you will log food and drinks.
4. I highly recommend watching this 5-minute tutorial on how to log so you are clear on how to accomplish this report: <http://www.nutrihand-inc.com/tutorial/mealtracking.swf>. Then you'll be ready to go!

Please e-mail Angela at angela@angelalemond.com once you have completed this log so she can analyze the report. Angela will have your child’s results at the appointment.

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